

# UPSTAGE DOWNTOWN

DANCE THEATRE

2015 – 2016

- CLASSICAL BALLET
- JAZZ
- CONTEMPORARY
- GYMNASTICS
- PIYO
- JAZZERCISE
- TODDLER CLASSES

## DANCE

*Tonya Fledderjohann heads this program. Training in classical ballet is for all ages and levels of dancers. The school aims to serve both the recreational dancer and the applied students. Its primary focus, classical ballet technique, provides a strong foundation for all other dance forms. Ballet training offers individuals skills that can be used throughout life. Discipline, self confidence, grace and poise are invaluable assets.*

**PRE BALLET |** This class is designed to help children find and enjoy the expressive art of dancing through creative movement while preparing children for the demands of ballet. The pre-dance class maintains an atmosphere of exploration and discovery.

**CLASSICAL BALLET |** Typically, professional ballet schools around the world do not begin serious ballet training until the age of 9 or 10, when the student is physically and mentally prepared to begin the disciplines of classic training. True progress is made very slowly and consists not only of new steps and combinations, but also repetitions of the basics needed to acquire strength, correct body placement grace and technical mastery. Attendance in class at each level is absolutely mandatory for optimum progress and advancement to the next level.

**POINTÉ |** First and foremost, UDDT believes in the importance of your child's well-being and future. Students are introduced to Pointé only after their feet, legs and bone structure have begun to mature and only after several years of serious, quality training that has developed the appropriate muscles. If I feel that the student is not yet ready for Pointé, please realize that it is with the student's best interest in mind.

**JAZZ |** A style of dance characterized by the use of improvisational movements that are influenced by the rhythms and emotion of the music. Jazz is a uniquely American art form.

**MINI-MOVES |** For ages 6-8, this class is designed for the young dancer interested in experiencing basic jazz dance. This will be a fun, energetic class where students will learn a different movement quality while maintaining an atmosphere conducive to their age.

**CONTEMPORARY |** Class and choreography combine both ballet and jazz as a base.

**HIP-HOP |** This introductory-level class provides a structured method of learning various Hip Hop dance movements. The dancing represents body movements that go with the beat and rhythm of hip hop music.

**PERFORMANCE PLUS+ |** This fast paced class will focus on multiple dance genres. Students will be involved in community outreach projects, participate in master classes and dance conventions. We aim to inspire and guide students through the many facets of dance arts.

**UD COMPANY CLASS |** This class is geared for the applied student at a Ballet IV/V level who is serious in the classical realm. This class cannot be used as a make-up class. DO NOT sign up if you can only attend part-time.

**MOM & ME |** Parents join in and exercise along with their child. This class is designed such that the parent can encourage the child with the movement and help maintain discipline. Class includes stretching, rhythm exercises and traveling steps.

## FITNESS

**PIYO |** This class blends the ancient practice of Yoga, stressing flexibility and versatility with the Pilates approach of building core strength, combines the best of both methods. Appropriate for all fitness levels, no previous Yoga or Pilates experience is required. \$8/per class.

**JAZZERCISE |** One hour classes taught by Tonya and Dani. Life's too busy for boring workouts. Body-blasting music mixes with 60 minutes of sweating, smiling, and laughing through Pilates, yoga, and kickboxing moves. This is the new Jazzercise. Jazzercise schedule/times available at studio or visit [jazzercise.com](http://jazzercise.com).

# GYMNASTICS

Carolyn Stough heads this program. All gymnastics classes are taught through a progression of skills. Balance, strength and flexibility will be taught to all students. We offer basic vaulting, single bar, balance beam and tumbling-floor exercise work. Students will be challenged in a fun, constructive and positive gymnastics environment.

**GYMNASTICS AND INVITATION GYMNASTICS** | These are our beginner to advanced gymnastics classes. Students will go through the progression of gymnastics skills on all four apparatus: vault, bars, beam, and floor. This class will be taught in a positive and fast paced environment focusing on individual improvements.

**BOYS** | Boys will learn basic core skills, building strength, increasing flexibility, and improving coordination.

**PRE-GYM** | This is a co-ed class designed for students age three and older but not yet in kindergarten. Class will focus on gross motor skills and gaining coordination for all students. They will learn basic skills like: somersaults, cartwheels, and enjoy group games and songs.

**RECREATIONAL CLASSES** | These classes will be offered in six week sessions on Saturdays. Classes will not participate in the year end recital, but will offer an introduction into basic gymnastics skills. One session: \$60. Two sessions: \$100. Three sessions: \$140.

## SATURDAYS

9:00-9:45 ages 6-9  
9:45-10:30 ages 3-5  
10:30-11:00 ages 18 months-3 years  
(parent participation)  
11:00-11:45 ages 9 and up

**SESSION 1:**  
September 10 – October 15

**SESSION 2:**  
November 5 – December 17  
(No Class November 26)

**SESSION 3:**  
January 7 – Feb 11

**SESSION 4:**  
March 3 – April 7

Piyo, Mom & Me, and other specialty classes will be offered throughout the dance season as 6-12 week sessions. Please inquire for dates/times.

# OTHER DETAILS

## BOYS FREE DANCE CLASS PROGRAM 2015-2016

Any boy attending class at UD may take One additional class at no charge. We ask that he participates in the year end show in this class as well. Parents will be responsible for costume costs.

## CLASS PROMOTIONS

While it is possible for exceptional children to skip a grade in academic study, the proper physical and emotional development of a young dancer does not allow skipping a prescribed sequence of training. Students who have fully mastered the technical requirements will progress to the next level. All students progress at different rates, and it should not be considered negative if a student is asked to repeat a level. These decisions are made to protect the student from injury and unnecessary frustration. Dance is an accumulative art. There are no shortcuts.

## CLASSROOM ETIQUETTE

Class technique and its vocabulary have been established for hundreds of years and, as such, the traditions are very solid. These traditions extend not only to movement, but to discipline and etiquette as well. A good class by nature must command the respect for the instructor and the art. This implies such courtesies as listening while the instructor speaks, not speaking out of turn, beginning and ending a classroom exercise in a position of readiness. Attention to these disciplines carries over and adds a clarity and precision to a student's class work.

## CLASSROOM ATTIRE

Pre-Ballet, Ballet I, Ballet II, Ballet III, Ballet IV, Ballet V, Boys, Contemporary, Jazz and Gymnastics: Attire is specified on the website.

## OBSERVATION

Parents are invited to attend observation weeks. The addition of a "Performance" atmosphere, while inspiring to some children, can prove intimidating and distracting to others. The aim is to maintain an atmosphere that is conducive to learning; therefore, except for observation weeks, there are waiting areas for parents during regularly scheduled classes.

## ANNUAL SPRING PERFORMANCE

Stage experience is beneficial for students of all ages. Performing helps to build self-esteem and confidence. It offers students a fun and positive learning experience as they work together toward a common goal. Participation is not mandatory, but it is strongly encouraged. If your child will not be in the performances, give written notice to the director by November 1, otherwise you will be charged for the costume/s ordered. For each class in which your student participates, a \$25 per/costume deposit is due on November 1, 2015, a second per/costume deposit of \$25 is due on December 1, 2015, with the balance of costumes due February 1, 2016. Every effort is made to keep costume cost as low as possible. Each costume is approximately \$45-\$85.

## INFORMATION

It is our desire to keep you informed and reminded of important information via email notification. Please take time to check your emails and read flyers or notices posted on our UDDT Bulletin Board, located at the entrance hallway.



 FIND US ON FACEBOOK!

[www.upstagedowntown.com](http://www.upstagedowntown.com)  
118 S. Main St. Suite 202  
Celina, OH 45822 | (419) 584-1351

Upstage Downtown Dance Theatre is not responsible for illness or injury, does not discriminate, and has a no refund policy. View the website for additional information: [www.upstagedowntown.com](http://www.upstagedowntown.com).

**Copyright:** Please respect the artistic property of UDDT teachers and choreographers and the privacy of the students/faculty/parents/employees of UDDT. Recordings (audio and visual) and photographs and images taken or made by family or friends of UDDT and UDDT students/faculty/choreographers in class, demonstration, rehearsal or performance may only be used for private personal use as per United States Copyright and Intellectual Property Laws. These recordings/photographs/images may not be used for any public or commercial use and may not be placed on unsecured public and social networks or shared venue (such as YouTube, Facebook, MySpace, Twitter and any other unsecure social network) without the written consent of all constituents. For more information please visit <http://www.copyright.gov/laws>. UDDT asks that any recordings/ photos/images already placed on unsecured public and social networks or shared venues be removed immediately unless already agreed upon.